

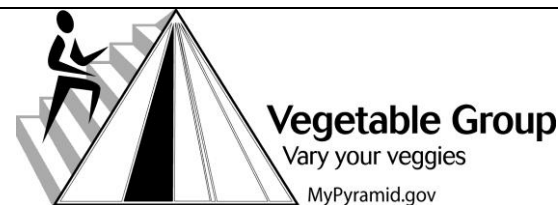
## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 07-13-09)

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### A061 – BEANS, GREEN, LOW-SODIUM, CANNED, #10

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better canned green beans, whole, cut or sliced lengthwise (French style). This is a low-sodium food (140 milligrams of sodium or less per serving).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 101 oz green beans and juice.</li> <li>Green Beans: One #10 can AP cut yields about 11½ cups heated, drained cut green beans and provides about 45.3 ¼-cup servings heated, drained cut green beans OR about 60 oz (12 ⅞ cups) drained, unheated cut green beans and provides about 51.1 ¼-cup servings drained, unheated vegetable.</li> <li>Whole Green Beans: One #10 can AP yields about 9⅞ cups heated, drained whole green beans and provides about 39.5 ¼-cup servings heated, drained, whole green beans OR about 58.0 oz (13 cups) drained, unheated whole green beans and provides about 52.2 ¼-cup servings drained, unheated vegetable.</li> <li>French-style Green Beans: One #10 can AP yields about 9⅞ cups heated, drained French green beans and provides about 36.5 ¼-cup servings heated, drained, French green beans OR about 59 oz (12 cups) drained, unheated French green beans and provides about 48.0 ¼-cup servings drained, unheated vegetable.</li> <li>CN Crediting: ¼ cup heated, drained green beans (cut, whole, or French) OR ¼ cup drained, unheated green beans (cut, whole, or French) provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned green beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned green beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> </ul>



### Nutrition Information

Beans, green, canned, drained solids

	¼ cup (34 g)	½ cup (68 g)
Calories	7	14
Protein	0.39 g	0.78 g
Carbohydrate	1.52 g	3.04 g
Dietary Fiber	0.6 g	1.3 g
Sugars	0.32 g	0.65 g
Total Fat	0.03 g	0.07 g
Saturated Fat	0.01 g	0.02 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.30 mg	0.61 mg
Calcium	9 mg	18 mg
Sodium	70 mg	140 mg
Magnesium	4 mg	9 mg
Potassium	37 mg	74 mg
Vitamin A	147 IU	294 IU
Vitamin A	7 RAE	15 RAE
Vitamin C	1.6 mg	3.2 mg
Vitamin E	0.09 mg	0.19 mg

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<b>STORAGE (cont'd)</b>	<ul style="list-style-type: none"> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>Use a clean and sanitized can opener.</li> <li>STOCK POT or STEAM-JACKETED KETTLE: Drain off half of the liquid from the can. Pour green beans and remaining liquid into a stock pot or steam jacketed kettle. Heat long enough to bring to serving temperature. Do not allow to boil.</li> <li>STEAMER: Pour green beans and remaining liquid into steamer pans. A 12" x 20" x 2½" pan will hold the contents of two #10 cans. Heat in steamer at 5 lb pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve.</li> <li>Canned vegetables should be heated only to serving temperature and be served soon after heating. Canned green beans will become overcooked when held too long on a hot steamtable or in a holding cabinet.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>Add flavor to canned green beans by using herbs and spices. Season green beans with caraway, dill, or sage.</li> <li>Serve canned green beans heated or use in a variety of main dishes, soups and salads. Serve green beans in combination with other vegetables, such as whole kernel corn, red peppers, cauliflower, broccoli, or onions.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time.</li> <li>Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>NEVER USE foods from cans that are leaking, bulging, or are badly dented.</li> <li>DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>